

The Legend

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North Gloucestershire Orienteering Club
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www.ngoc.org.uk

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Disclaimer

Views expressed in this newsletter are not necessarily those of the North Gloucestershire Orienteering Club.

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Cover: New Year's Day 2013 score event. Gary Wakerley giving final instructions to the troops before the off.

Chairman's Chat

First of all may I wish everyone a Happy New Year, and the best of luck in all those orienteering resolutions you will have been making. Mine is to get into the top third at the Scottish 6 Days this year. You may recall that I aimed for top half at Oban 2011, and missed by about one place, but ever the optimist, I have just upped the target this time around, though with little evidence to suggest that since Oban I have got better.

2012 came to a very enjoyable end with Gill Stott's Christmas Treasure Hunt over St Briavels Common, and this year has got off to an even better start with Gary Wakerley's New Year's Day score event. Gary achieved the remarkable result that, although three or four people visited every control, the overall winner was M10 Ben Shardlow from Kingswood Prep School, and Addie Parr, W12, from SWOC, was second overall. A triumph for the handicapping system and Gary's planning, and a lovely sunny day to add the general feel-good factor. And as if we needed any more good news, for the third event in a row we almost ran out of maps, so people are certainly coming to our events in encouraging numbers.

The challenge now is to keep up the good work. John Coleman is working on the Fixture List, and our events for the Summer, and 2013-14 season follow this Chat. For the former we plan one or two changes from last year. We have decided on Thursdays for the summer evening score events, as almost as many people favoured Thursdays rather than Wednesdays when polled last year, and some of us organisers tend to be busy doing other things during the day on Wednesdays. I would also like to introduce some form of coaching at the summer Saturday events; we aim these at newcomers yet offer nothing in the way of help or guidance, and I think we are missing an opportunity here to help novices understand more about what is involved, and so enjoy themselves more. Gill James is keen on the idea, and looking for opportunities to practise her coaching skills, so we will try and arrange something for this year's fixtures. Lastly, we will add a bit of variety by including at least one novelty event – we have

agreed with the owners of Elton Maize Maze that we will hold our event there on Saturday 20 July.

A bigger challenge, perhaps, is to maintain the quality and variety of our flagship mini-league programme. Just before Christmas Dave Urch, from BOK, and I met with the two beat foresters who manage the Forest of Dean for the Forestry Commission. They were very helpful, but could not offer much in the way of encouragement over what would be happening to the Forest over the next two years – leading up to the various major events that we and BOK have planned – The CompassSport Cup final in October 2013 (BOK), Caddihoe and Senior Home Internationals in September 2014 (NGOC), and the British Champs in Spring 2015 (BOK). The current larch felling programme does not greatly affect our main areas (though any thoughts of remapping Lightning Tree Hill can be forgotten for a good many years), but there will be another round of larch disease assessment in the spring, and that could have more direct effect on our primary areas. On top of that, and as we might have expected, there is widespread thinning scheduled for the next couple of years, and that will definitely have a direct effect on our best areas. There are two current contracts open on Symonds Yat, and no fewer than seven stands are due to be thinned between now and our Galoppen in March, whilst a large central section of Mallards Pike is out for tender for 2013-14 thinning.

One solution to the challenge is to find new areas, and the Woodchester base map is now ready for survey. Bob Teed has also recently updated the Rendcomb College map, which could support a mini-league. On the down side, despite much persuading, Greg Best has been unable to secure agreement from the owners of the private woodland adjoining Cooper's Hill to extend the Cranham map. Cooper's Hill itself is Council owned, and we could add it to Cranham, but without the private woods as well the extension is hardly worthwhile. For the Christmas Treasure Hunt we used a 1:15,000 'rights of way' map showing just the roads, lanes, tracks and paths which have public access, and this is another format for which we might find wider use, if we can identify more areas with a reasonable profusion of these rights of way.

In the Back Office, we received an £800 share of the profits from Croeso 2012 as our reward for helping, a welcome reminder that

it is always worth doing our bit. Those of us going to Moray for the 6 Days might like to consider doing something up there, and I have agreed with BOK that we will help them with the JK2014 relays at Pwll Du. On the down side, British Orienteering have revised the rules on who can sign off risk assessments. Now, these can only be signed by a registered coach, or an event safety course tutor. This change does not seem to have been widely consulted, nor have I seen much in the way of a rationale for something which our event organisers may find pretty onerous – finding one of the four people in the club now qualified to sign off their risk assessments. I am sure there will be some sort of backlash from other clubs, and I shall add our voice to the weight of opinion against such a change; if one is able to organise events, or control them, I'd have thought one could also review and sign off risk assessments for other organisers, and I don't understand the need for such a restriction, important though the RA is.

Lastly, having given up on LIDAR data for Woodchester, on cost grounds, I have constructed the base map using Ordnance Survey 'Vector Map Local' data. This provides a wealth of initial detail, including contours, roads and tracks, and water features, as well as a number of potentially useful other features which the O.S. classify as 'general rural features' and 'vegetation areas'. I haven't found a way in OCAD to distinguish between different features in the data as supplied by O.S., so it's a bit of a fiddle involving several software programs to separate out the different features, clip them all to our area of interest, and then load them into OCAD, but hopefully they will greatly simplify and speed up the ground survey. Woodchester will be a useful test bed for this new data source. I shall report on progress with the survey in the next Legend.

Pat MacLeod

Controller for CompassSport Cup final in October seeks assistant

Assistant controller needed to help John Bennison (WRE) who is controlling the CompassSport Cup/Trophy final in the Forest of Dean on 20 October. Job involves helping to check control sites at the planning stage and immediately before the event. For full details see "Situation Vacant" in *Brashings*.

NGOC FIXTURE LIST 2013/2014

As you can see, we have 30 events to get through next season. So far, I have ten people interested in organising/planning an event/events including three who have specified a particular event.

There are many organisers still required. For those who have not tried it before, help is available by contacting any member of the committee, or the event could be jointly run using another more experienced club member. All relevant organising information can be found on the NGOC website under REFERENCES. Try it - you could be pleasantly surprised - and you get plenty of exercise in the forest, both physically and with navigation!

John Coleman

Fixtures Secretary

SUMMER SERIES – 2013

<i>Date</i>	<i>Location</i>	<i>Organiser</i>
Sat 8 June	Hartpury	
Thu 13 June	Oxstalls	
Sat 22 June	Crickley Hill	
Thu 27 June	Pittville	
Sat 6 July	Cleeve Hill	
Thu 11 July	Tewkesbury	
Thu 18 July	Park Campus, Cheltenham	
Sat 20 July	Elton Maze	
Sat 10 Aug	Painswick	
Thu 15 Aug	Minchinhampton	
Sat 24 Aug	Cranham	

WINTER SEASON 2013-2014

<i>Date</i>	<i>Event</i>	<i>Location</i>	<i>Organiser</i>
31 Aug	Chairman's Challenge	Ninewells	
21 Sept	League 1	Sheepscombe	
12 Oct	Informal	Standish	
19 Oct	CSC warm-up	Parkend	
26 Oct	League 2	Bixslade	Steve Robinson
16 Nov	Informal	Ninewells	
7 Dec	League 3	Woodchester	
14 Dec	WNL1	Cranham	
2014			
1 Jan	NYD	Symonds Yat	
4 Jan	WNL2	Cleeve Hill	
18 Jan	League 4	Danby Lodge South	
1 Feb	Informal	Flaxley	
8 Feb	WNL3	Bixslade	
23 Feb	Galoppen	Knockalls	
8 Mar	League 5	Cranham	
29 Mar	League 6	Cleeve Hill	
12 Apr	Informal	Sallowvallets	
26 Apr	League 7	Hartpury	Gill James
10 May	League 8	Parkend	
7 June	End of Season	Moseley Green	Gary Wakerley

Caption Competition - answers



Unfortunately *Page 3* is reserved for Chairman's Chat (*Alan Brown*)

"Do not adjust your set" (*Alan Brown*)

Andy's online dating profile picture was sure to draw in the crowds and was expecting a full inbox by morning (*Nick Barrable*)

If it got any hotter, Andy knew he could always go completely wild and take off his wristband (*Nick Barrable*)

Andy hides his modesty with a skimpy wristband (*Neil Cameron*)

Andy pretending to be Moses in a basket in the rushes (*Neil Cameron*)

We now know the secret behind Andy's orienteering success.....
post-race ice baths (*Greg Best*)

Streak O: will BOF's latest idea to increase participation catch on? (*Greg Best*)

Whatever happened to "full body cover"? (*Carol Stewart*)

Jottings on Orienteering

Orienteering is a very unusual sport,
At least that's what people have usually thought.
Instead of competing for the ball with another chap,
The orienteer has to study his map.
And then he must run as fast as he can
And try to reach the finish before the other man.

Anyone can take part: boys, men, girls and women,
All ages and types can do it, just like swimming.
And entry fees are not too dear
So your bank manager has nothing to fear.
At the start when the whistle is blown
You pick up your map and go into the unknown.
Because the course you are not previously allowed to find out
You have to devise a route as you run about.

The orienteer then has to find the first control,
Be it depression, marsh, gully or knoll.
A control is marked by a kite,
Which is coloured red and white.
When finding the control after running all round,
Be it gully, re-entrant or charcoal burning ground,
In the hole in a box he must insert his dibber
To prove he's been there and is not a fibber.

The rest of the controls the orienteer must then visit in order,
Which are conveniently printed within the map's border.
And he must try to do this without a mistake,
But if he gets lost he must try to relocate.

When at last the orienteer reaches the end,
If the planner has not driven him round the bend,
To download he must proceed
And get a printout on which he can read
How much time he took between each control
And how long he took on the course as a whole.

W. McGonagall

NGOC – the early days

I began orienteering in 1972 whilst I was teaching in Liverpool, having been persuaded to try it out by two colleagues from the school where I worked. Both are still orienteering. John Bennison (now COBOC) whom I had met in the tenor line of the University choral society, and with whom I shared a flat for a while, was a cross-country runner. John Burrows, formerly of this parish, was a mountaineer and hill-walker. I moved down from Liverpool to teach in Tewkesbury in 1975, although I planned my first event for NGOC at Staple Edge (now Mallards Pike North, I believe) in September 1975 whilst still a member of Deeside (DEE). I officially joined NGOC in 1976 and quickly found myself on the Committee and ended up as Chairman in 1979 and 1980 at which point I changed schools and moved down to Dorset and Wimbourne (WIM) where I've been ever since.

When I first joined, some of the original founders of NGOC were still pretty active. I'm not sure when the club was actually founded [it was 1970]. I seem to remember that the earliest NGOC maps I saw dated from 1971 or thereabouts. Derek Thompson, who taught at the North Gloucestershire College (not sure of its proper name - presumably it is now one of the many further education colleges subsumed into the University of Gloucester) in Cheltenham had founded an orienteering group based on the college which then grew into a fully-fledged club, hence the club name. He had then moved house to the Forest of Dean: indeed his house was on the Blakeney Hill map. By the time I joined, Derek was beginning to cut back on his activities, although like a lot of NGOC members at the time, he attended local events but very rarely travelled to the events of other clubs.

The club Secretary was Bert Taylor who was a graphic artist. In the years before OCAD, when maps were usually hand drawn in pen and ink on film, Bert's talents were used to draw the finished maps which meant that the club's maps were always beautifully drawn and presented, even if the surveying of the early maps was often a bit

haphazard. Other early stalwarts I remember as committee members included John Parsons, a policeman who rapidly progressed up the promotion ladder until, when he reached the rank of Inspector, his duties, together with increasing family commitments, led him to drop out of the sport, John Peniket, a Gloucester GP and a keen mapper until he fairly suddenly retired from orienteering and Derek Jarrett, a youth leader who, like me, lived in Tewkesbury and who with his son Mark were very active orienteers until the family moved away to seek the good life running a smallholding in West Wales.

Other long-standing members I recall were Mike Wintersgill and Gerald Vinestock, who both taught at Cheltenham College. Gerald later went on to be headmaster of Warminster School and then another school in the Lake District. The Phillips family and a number of slightly mysterious members worked, non-attributably, at GCHQ. It seemed a fairly male dominated club in its formative years: I'm struggling to recall any particularly active lady members in its early days. Later in the 1970s John Fallows moved into the area, living very close to my flat on the edge of Tewkesbury.

Most major events were naturally centred on the Forest of Dean, with local events being held not just in the forest but smaller areas closer to Cheltenham & Gloucester, a pattern which still holds good today. In particular I recall the first NGOC Badge event held outside the Forest, on a combined map of Brockworth and Cranham Woods which went ahead to general enjoyment on a cold crisp winter's day despite there being several inches of snow on the ground. This was the event when some local youths attempted to relieve Ken Broad of Ultrasport of his cash box. A mistake, given the number of serving or former police officers present at this event.

In these pre-OCAD days, all clubs printed stocks of their maps in batches of 1000 or so, newly surveyed for major events and then used up for smaller events as they became less accurate with age. Printing a map was a major financial undertaking, so maps got well used, even if they were in need of many map corrections, or eventually became a work of fiction. The 1972 map of Oakenhills was an interesting case in

point. At that time a beautiful and largely runnable area, before Foot & Mouth decimated the itinerant sheep population and the brambles began to take over, it had been based on the OS six inch to a mile maps or 1:10,560. O-maps in the 1970s were generally printed at 1:15,000. Unfortunately the mapper and/or Bert Taylor, in their instructions to the printer, got their sums wrong and this map appeared at a curious scale around 1:13,400. Nevertheless, several events were held using it, before (and indeed after) the truth was discovered.

Many of the early NGOC maps had oddities to them. The best mapped was the original Speech House map, produced by an outside club, OK Nuts, for JK 1974. Even that map had its problems. In the two weeks between the final course checking and map printing and the day of the event, the Forestry Commission had constructed and fenced a whole new forest road on the bed of one of the old railway lines, obstructing many of the longer courses, a fact not noticed by the organisers until the day before the event when it was too late to do much about it! After the JK, NGOC took ownership of this map and used it for several major events, including Badge events in 1975 and 1976. I recall planning the courses for the 1976 event and also for a Galoppen in 1977.

In 1976, by which time the map had been amended to include the new forest road and fences missing from the 1974 edition, I noted a single boulder in the middle of one of the very few otherwise featureless areas of forest. It was an ideal control point and I incorporated it on several courses. Searching for this boulder on the ground proved fruitless. At that point the penny dropped. The black stick-down Letraset boulder symbol was missing from the map legend. It had become detached on the black tracing of the map at some point and had then stuck itself to another random part of the map. Using stones littering the ground, we built a cairn where the phantom boulder should have been.

At the 1977 event I was just recovering from a badly dislocated shoulder: I could just about drive by the weekend of the event, but was still more or less one-armed and couldn't easily hang controls and

punches. Not for the last time the solution was to bring a couple of 'slaves' from the orienteering group at my school to do the work for me. They also had to help rebuild the 'boulder' which by then had tumbled down.

Around this time I surveyed and drew a new map of Cleeve Hill to replace the original one. That map was allegedly a work of fiction: I'm afraid my update wasn't a lot better. I wasn't helped by the OS base maps I had to use. The Southern half of Cleeve was covered by an old style 1:10,560 map, the Northern half by a new 1:10,000 survey. Marrying up the contours between the two halves for my map was an interesting experience. In the quarried area in the NE, the OS cartographer had given up any pretence of drawing contours and left a big white space. It was at this point I discovered that the contours on OS maps are drawn to an accuracy of +/- 7.5metres: i.e. they are guaranteed not to cross! Gorse burning between the end of the survey and the event meant that several new unmapped features appeared and the map was instantly out of date. The big plus from this event was that David Lee and sons came for an exploratory day of orienteering and were instantly hooked on the sport.

In 1980, I moved to a new school in Dorset a few days after planning the Chairman's Challenge. My legacy to NGOC was twofold. Firstly I was the founder and first Editor of the Legend. And after my Cleeve Hill map debacle, I extracted a grant from the Tewkesbury Borough Council Lottery fund (do you remember the local authority lotteries in the late 1970s?) which paid for a proper Harvey's PG plot of Cleeve Hill which sorted out the contours/gorse patches/point features problems definitively.

Dick Keighley

(Do any other readers have memories of the early days of NGOC? If so, please contact Chris James chrisjames@dalcross.plus.com or the editor)

ROLL UP, ROLL UP FOR THE COMPASS SPORT CUP TRIP 17TH FEBRUARY

It is time again for your captain to encourage (nag?) club members to take part in our annual attempt at the Compass Sport Cup. We are competing on Sunday 17th February 2013 on The Wrekin near Telford in Shropshire, so please put this in your diaries NOW. The coach is booked, so all I need now is your names. We need as many members as possible to take part, with the hope that we can reach the final again, as we did in 2011. As the final later this year will be in the Forest of Dean, we should make an extra effort to get there. This promises to be a fun day out, with the chance to meet and socialise with fellow club members, so please make the effort to take part.

What is this all about?

The Compass Sport Cup is the national inter-club championship where all of the UK's clubs compete against each other. There are qualifying matches held in different parts of the country, and The Wrekin is the one closest to our area.

The Wrekin is a large lump of a hill with the landscape made particularly interesting for orienteers by the amount of quarrying work carried out through the centuries.

This year, we are back in the Trophy competition, which is the one for the smaller clubs. This means we stand a better chance of success. We have been fluctuating between "small" and "large" club for a few years now, as BOF seem undecided about our status. We will be competing against COBOC, SBOC, WRE, SWOC and POTOC.

Courses available are:

Brown (for Men of any age)

Blue Women (women any age)

Blue Men (M45 or older, M20 or younger)

Green Women (W45+, W20-)

Green Men (M60+)

Short Green Veterans (M75+, W60+)
Light Green Boys and Girls (M18-, W18-)
Orange Boys and Girls (M14-, W14-)
White and Yellow (non-competitive)

Points are scored by individuals depending on their performance on the day. The 13 highest scoring individuals count towards the team score, although there are additional rules to ensure that the 13 come from a wide spread of classes. However, even those not scoring points can have an impact on the outcome, as by finishing above our competitors, we can reduce their scores.

Travel plan and costs?

The coach will depart Oxstalls campus in Gloucester around 8 in the morning, and will arrive back after we have all completed our runs, probably by 4pm. We will also do an additional pick up/drop-off near Tewkesbury.

The club will pay for the competition entry fees and will subsidise the coach travel. This means that the only cost will be around £7 or £8 per head (to be confirmed) to contribute to the coach travel. Juniors will travel for free. The more people that travel, the cheaper it will become, and the merrier the fun!

How to enrol?

I need a good idea of numbers quite soon, so if you would like to take part, please let me know as soon as possible. Everybody is welcome, regardless of how good you consider yourself to be. Please contact me with your name, age class for 2013 and SI dibber number.

I look forward to receiving your names soon , , ,

Greg Best

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Uringa Orienteers

Route choice

Good course planners will be trying to offer you legs which have multiple possible routes between the controls. In theory the route choices will be roughly equal but this is not always the case. What makes a good route choice will depend on the orienteer himself, his age, fitness, and experience and even how he is feeling on the day. Fundamentally route choice is about choosing that route between the controls which will get the individual orienteer to the target in the shortest possible time. This must of course be seen in the context of the overall race; there is no point having one great leg which then leaves you exhausted for the rest of the race, with neither leg or brain power to tackle the course competently. And of course, sometimes it is better to take the longer route on a path, to give you time to plan for later in the course, or to give your legs a work out whilst your brain has a rest!

Looking at the individual leg between controls the orienteer needs to rummage around in his bag of tools and see which one are going to ensure that he gets to the control securely as the highest speed possible in the terrain. The key techniques to consider:

Enroute:

- Reading contour to optimise distance vs climb vs speed
- Availability of handrails – for novices this will include paths, streams, fences and for the more advanced vegetation boundaries, and lines of rock features contours
- Aiming off

Approaching the control:

- Attack points
- Catching features

Key tips about route choice:

- Choose and plan the whole route between legs before you set out from the control
- Once you have made your choice do not second guess – it just wastes time!
- Experienced orienteers should follow the red line unless there is a very good reason why not
- Experienced orienteers should be able to route plan several legs in advance

Here are some other techniques.

Map simplification – long and short map duration review

Map simplification is about understanding the general layout of the map considering:

- Contour features
- Major man made features – roads, tracks, buildings
- Major natural features – lakes, streams, rock features

Long map duration review refers to the time that an orienteer takes to understand the map when he starts his race. He takes a long time (relatively) to read and memorise the map features so that he can then concentrate on the finer details between controls. Having assessed the map he then looks at his course and decides what are the major features of the routes he will have to take – i.e. is the course set around a ridge, are there spur/gully features to consider, will he be

using rock features to guide him generally. He might also decide which techniques will be important – featureless eucalypt might require compass bearing work, and pace counting, whereas rock and boulder fields may require feature picking and very specific attack points.

Short map duration review takes places during the race and allows the orienteer to check that he is going in the right direction, finding the right features along the way and making the right sort of distance judgements. The map is folded to the right part of the map and held at chest level so that the orienteer can flick his eyes at the map at the right place without interrupting his run.

Rough vs fine orienteering

Rough orienteering refers to orienteering at high speeds with only a general reference to map detail. It is generally used on longer route legs and when the orienteer is comfortable he knows where he is going and what major feature he looking for before he starts to look for his control. It is used where there isn't major risk of going astray, but where it doesn't matter if you know precisely where you are at any point until you hit your major feature/ attack point/ aiming off attack point. Understanding the shape of the land is important when rough orienteering.

Fine orienteering is used towards the end of legs where the orienteer wants to know precisely where he is as he approaches the control. Smaller features are used to pinpoint position.

Traffic light orienteering

This is a version of rough vs fine orienteering and just lets the orienteer break down the leg into manageable pieces related to:

- Speed of run
- Distance to the control
- Features on the map

The route is broken down backwards, looking at the control site and working out the attack point and approach to the control.

- Green – rough orienteering, highest speed, wide focus on the map
- Amber – finer orienteering, slower speed, narrowing focus on the map and approach to attack point
- Red – fine orienteering, slow approach into the control, precise focus

Russell Blatchford wrote in the Australian Orienteer 2011 about the need to break long legs down into smaller parts and treat each part as a separate control, in order to make navigation more secure. This is the same technique really as traffic light orienteering but gives you security on the longer legs by chopping the distance up into manageable sections.

Planning in the deadzone

Not all legs on a course require the same amount of planning. Where the terrain is flat, the route choice obvious and the attack point clear orienteers refer to these areas as 'deadzones'. Significant time can be made up on subsequent legs by planning later legs for route choice, attack points and fine orienteering requirements whilst running through the 'deadzone'. Just make sure you are working in the 'deadzone' and haven't just turned your legs on and your brain off – pretty much a recipe for disaster!

Margaret Jones
Uringa Training Officer 2012

NGOC/Chepslow Harriers

Christmas Treasure Hunt



Gill and Andy Stott have established a bit of a reputation for fun events around the lanes and byways of St Briavels Common, and this Christmas it was photo-O. On one side of the paper we had a 1:15,000 map, based very loosely on ISSOM standards, and showing lanes, tracks, paths, anything that constituted a public or permissive right of way. For footpaths the map gave some

indication as to whether the path ran through woodland, across open land, or between hedgerows etc, and buildings were mapped only as general guides to progress, or simply to add a little extra information to what otherwise would have been a fairly empty map. As far as I could tell the map seemed to work OK, but as I drew it and had walked almost all of the 'ways', I am not really best placed to judge quite how well it worked! On the back of the map we had 25 photographs, which had to be matched to the control circles on the map itself - rather like Croeso 2012 photo-O.

The event was organised jointly with Chepstow Harriers, and there were classes slanted towards orienteers, others for runners, a bike course, and a tagged trail for youngsters. We assembled at the Brockweir village hall, registered and dibbed a start control before being handed the map. I chose to do the 90 minute O course, optimistically thinking I would get all controls, given that I had prior knowledge of the area, if not of the controls. Without paying too much attention to points values I did what I usually do at Score events, and just rushed off in what seemed like a good direction - they are all uphill from the Hall, so not much point worrying about climb this early in the day. No problem with the first control - only one photo of a caravan, so that had to be it - but then at the next a combination of rain, dodgy biro and Tyvek control card left me standing in the road trying to write the photo letter on the card and wondering if I'd be able to remember all the correct photos if I carried on. Just as I was about to rush on, round the corner came the bin men on their rounds, curious as to what on earth I was doing in the middle of the lane in the rain. I explained, whereupon they gave me another pen, and off I went promising to remember their Christmas box next year. No problem with the next control, but then I was completely stumped at number 4 - I simply could not match a photo to where I was standing, though was sure I was in the right place. After five wasted minutes, I just gave up and carried on up the hill (it was

always up the hill - I had set my heart on the farthest control right at the top of the Common, and I still had not noticed that for some contrary reason or other Gill had not made it a particularly high scoring control).



Ebba Best punches the Finish

Once I got onto the paths through the woods at the far end of the map I thought I'd make good progress downhill, but the going and the rocks were treacherous, and so I didn't quite make up the time I had hoped to, with the result that by the time I had got down into the woods and then climbed back to the top of the Common again time was running out. No problem, thought I, it's all downhill from here, and so it proved, in more ways than one; as I climbed over a stile David May came running up complaining that the stile was in the wrong place on the map. He was right, though

of course it had not inconvenienced me as I knew where the stile was on the ground! Then I miscounted turnings and headed up someone's long and rather posh drive before realising that I was trespassing, and all the time it seemed to be getting harder to match photos to locations. I had failed to cross out the ones already visited, so I had to go through all 25 each time I got to a control. At one point David May and I stood side by side scratching heads and gazing about for several minutes before realising that the relevant photo was of a postbox behind us.

By now getting to all controls was out of the question, and it was a headlong rush down the hill to the Hall, to punch the finish with less than a minute to spare. I managed to get 20 controls (including my mystery fourth one visited, thanks to a little 'assist' from the ever present Mr May), and thoroughly enjoyed myself. Once dry and clean-shod we were given a pint from Kingstone brewery, just down the road, and delicious vegetable stew, and had time for a chat before the results were announced. And the sun came out as well, so a fine end to the day. Needless to say I didn't win anything, but I had a super day, and I think the format would work well elsewhere, particularly if we are trying to attract runners into orienteering. If anyone knows a good rural area criss-crossed by lots of rights of way, and perhaps with some proper orienteering interest as well, do let me know, and we can look at making more maps along these lines.

Pat MacLeod

Caption Competition



David & Anne May and Bob Teed outside Brockweir village hall, after the photo-O. Photo by Pat MacLeod whose suggested caption is:

David: "I'm only fierce when the map's wrong. Let's just sit in the sun as old men like to do."

Bob: "What shall we pretend to be, dirty shoe monitors, lions, sphinxes maybe?"

(If anyone has a better caption please send it to legend@ngoc.org.uk for inclusion in the next Legend)

Forest of Dean

Beautiful Forest of Dean,
In truth I mean,
Your landscapes are lovely and gay,
Along each side of your borders, to Coleford all the way,
Your scenery is romantic . . .
With rocks and hills gigantic . . .
Enough to make one frantic,
As they view thy beautiful green hills,
And their clear crystal rills,
And the beautiful woodlands so green,
On a fine summer day . . .
From Gloucester all the way . . .
Where the deer and the boar together doth play;
And the beautiful streams with their crystal spray,
As clear as the day,
Enchanting and gay,
To the orienteer as he gazes thereon,
That he feels amazed with delight,
To see the water falling from such a height,
That his head feels giddy with the scene,
As he views the streams and the woodlands so green,
That he exclaims in an ecstasy of delight—
Oh, beautiful Forest of Dean!
I sincerely mean,
That you are the most beautiful to behold,
With your lovely landscapes and water so cold.
And as he turns from the scene he says with a sigh—
Oh, beautiful Forest of Dean! I must bid you good-bye.

Very slightly adapted from "Loch Ness" by: William McGonagall

The Saga of the People of NGOC

(Based on "The Sagas of Icelanders")

Time of action: 1970 - 2010

Time of writing: 2012

There was a fit and strong youth called Pat who joined NGOC and went orienteering. At that time the Forest of Dean was the richest orienteering territory in the West and the people of NGOC were continually contesting with the people of BOK for control of the whole Forest. Many and fiercely-contested were the battles that were fought. For years Pat fought for the people of NGOC, first as an ordinary member, then as Equipment Officer and then as leader of NGOC when he was bestowed with the title BOK-basher.

Not only did NGOC and BOK hold battle amongst the trees of Dean but, mid-week, battle-scarred veterans contested for glory on the sandy heaths of Surrey and Hampshire. Pat BOK-basher was loyally supported in these battles on foreign soil by Gary Travel-quick, Greg Compass-smasher, Tom Plan-hard, Bob Map-it-all and the NGOC Poet, Alan the Uninspired. The most feared and ferocious warrior on the BOK side was Tony Tangle-hair who had sworn an oath not to cut or comb his hair until BOK had taken full control of the Forest of Dean. Tony Tangle-hair's henchmen included Dudley Gnome-cruncher, Dave the Brave, Phil Kite-shredder and Laurence Cake-biter.

Of the many contests the most memorable was one of the later BOKtrotts. At this event, according to custom, BOK members collected on one side of the start lane and the NGOC Gnomes on the other; both sides worked themselves into a frenzy by hurling insults at each other: "You wait till Pat BOK-basher gets here; you won't feel so brave then!" "Gnome-cruncher's a match for him any day!" "Boo! Hiss!" "Hey, Bob, you don't know the difference between a pit and a depression!" at which remark Bob

Map-it-all had struck a pose of indifference and disdain. While all the shouts and chanting were going on those with standard compasses swung them round their heads by the cord and uttered blood-curdling yelps. Other Gnomes pointed their SI dibbers at their opponents but then collapsed in laughter when a BOK member gestured back with an EMIT block that he had brought along by mistake.

And then NGOC started to pick on Laurence Cake-biter. "Had any nice stale cakes lately?" "We hear you forgot to put the baking powder in last week!" This last to the accompaniment of loud jeering. It proved too much for Laurence's two personal servants who, so incensed by this last remark, broke ranks and rushed towards the Start box, dibbed, picked up their maps and ran off into the Forest. There was a stunned silence but it lasted only a second or two; NGOC broke into even louder jeering accompanied by peals of laughter as Dudley Gnome-cruncher and Phil Kite-shredder rushed off to drag the two miscreants back. Tony Tangle-hair pulled out most of his hair in rage and mortification and, from then on, was known as Tony No-hair. Never had such a breach of NGOC-BOK battle etiquette been seen before. NGOC broke into a chant of "Disqualified! Disqualified!" as the two were dragged back from the Forest. "That's a contravention of BOF Rule 206, Paragraph 10, Sentence 4 - if anyone is unsure," said Neil Lawspeaker from the NGOC side. But even with a two-man advantage NGOC could not beat BOK and the usual stalemate ensued.

Shortly after this event the NGOC-BOK feud was unexpectedly ended. The Forest of Dean, which had been the setting for the feud for generations, was under threat itself. The Shape-shifters, who lived many days' walk from the Forest had ordered that the Forest be sold to powerful families who would use fire and sword to keep out both BOK and NGOC. An immediate truce ensued as both sides' clubs realised how serious this threat was. A meeting of the two chiefs and their main followers was called on neutral ground with compasses and

dibbers being left outside the meeting hall. To the surprise of many the meeting was extremely cordial and it was decided that Pat BOK-basher would be the clubs' joint representative and attend the Althing to petition the Shape-shifters. It was also decided at this meeting that he would henceforth be known as Pat Friend-of-BOK. Pat was even invited to attend the BOK annual gathering and feast to report on his appeal to the Shape-shifters. An NGOC member had only ever once before attended such an event and that was not by invitation; he had not lived to tell the tale.

Although the threat to their ancient battleground was eventually lifted the truce remained and the only rivalry between the two sides was conducted in the actual orienteering itself. This was a great disappointment to many of the older members of both sides who retired in despair to their chimney corners and thereafter spent Wednesdays and Saturdays in front of their fires gazing at the embers and refighting battles in their memories or telling them over and over again to young children who wondered why their grandfathers told such exciting stories with tears in their eyes. Compasses and dibbers lay on mantelpieces gathering dust; and drawers full of maps collected over many years, and with the courses and routes carefully drawn on, were used to keep the fires going. What would Bob Map-it-all say?

Glossary

Althing: general assembly.

Shape-shifters: originally men who were believed to change their shape at night or in times of stress, or leave their bodies (which appeared asleep) and take the physical form of animals such as bears or wolves. By the time of this story, however, this had changed to mean men who continually changed their stances on a multitude of issues, i.e. politicians.

New Year's Day



The usual suspects from BOK Army prepare to invade Registration at Ellwood Football Club



New Year's Day brought the first blue, sunny skies for a long time

Advice for orienteers on Ash Dieback disease

Concerns have been raised in the media recently over the threat to ash trees in the UK following the identification of the potentially deadly disease of Ash Dieback (*Chalara faxinea*).

British Orienteering has issued the following advice to all clubs on the biosecurity measures that should be taken by all orienteers (i.e. Planners, Controllers and control hangers, as well as competitors) when holding or participating in an area suspected to contain Ash trees:

- Thoroughly wash all footwear before leaving the area, ensuring that all mud, soil and leaf litter is removed. Event organisers may wish to provide water, buckets and brushes at a suitable location i.e. at a point where there is little risk of further contamination.
- On returning home, rinse all boots and shoes in a chlorine based cleaner or garden fungicide and allow them to dry thoroughly. N.B. *please read the manufacturer's label and follow their instructions on use and disposal of the product.*
- Thoroughly wash and dry all kit and any other clothing that may potentially have been contaminated with fungal spores.
- Clothing and footwear should not be reused for at least 48 hours after drying.

Taken from the BOF website. For the full entry see:

http://www.britishorienteering.org.uk/images/uploaded/downloads/governance_ash_dieback_FAQs.pdf

(With apologies to Lewis Carroll and, of course, to all planners)

Plannerwocky

'Twas brillig, and the elitish M21s
Did gyre and gimble on the crags;
All mimsy were the veggiebounds,
And the manned controls outgrabe.

'Beware the Plannerwock, my son!
The kites that bite, the controls that catch!
Beware the HocBok bird, and shun
The Octavian Dribbler!'

He took his compass on his thumb:
Long time the manxome foe he sought -
So he rested by the SWOA tree,
And lost himself in thought.

And as in relocating thought he stood
The Plannerwock, with kites of flame,
Came whiffing through the BOFfy wood,
And burbled as it came!

One, two! One, two! And in and out
The SI blade went dibber-dabber!
He left it bleeping and with its all-trolls map
He went galumphing back.

'And thou hast slain the Plannerwock?
Come to my arms, my beamish boy!

O frabjous day! Calloh! Callay!
He chortled in his joy.

'Twas brillig, and the elitish M21s
Did gyre and gimble on the crags;
All mimsy were the veggiebounds,
And the manned controls outgrabe.



(With apologies to Jenny Joseph)

Warning

When I am an old orienteer I shall wear a purple O-suit
With green and white which doesn't go, and doesn't suit me.
And I shall spend my pension on a thumb compass and entering the
JK
And the British Champs, and say we've no money for butter.
I shall sit down in the Finish Lane when I'm tired
And gobble up samples at Wilf's and take six copies of Control
Descriptions
And blow my whistle out in the woods
And make up for the sobriety of my youth.
I shall go out in my flip-flops at the JK
And pick up maps for other peoples' courses
And learn to spit.

You can wear terrible O-shoes and grow more fat
And drink three tins of ginger beer at a go
Or eat only bread and pickle for a week
And hoard old joining instructions and flyers and things in boxes.

But now we must have O-suits that keep us dry
And pay our subscriptions to BOF and NGOC
And set a good example to the M12s.
We must attend Committee meetings and read The Legend.

But maybe I ought to practise a little now?
So people who know me are not too shocked and surprised
When suddenly I am old, and start to wear purple - and green - and
white.

(And the original "Warning" from 1961 starts):

When I am an old woman I shall wear purple
With a red hat which doesn't go, and doesn't suit me.
And I shall spend my pension on brandy and summer gloves
And satin sandals, and say we've no money for butter.
I shall sit down on the pavement when I'm tired
And gobble up samples in shops and press alarm bells
And run my stick along the public railings
And make up for the sobriety of my youth.

FORTHCOMING EVENTS

Date	Event	Location	Signposted / Forest Entry	Organiser
1 Jan Tue	New Year's Day Score	Parkend	SO608078 SO591082	Gary Wakerley 07919 095436
5 Jan Sat	Western Night League (WNL)	Standish	SO838085 GL6 6PR	John Fallows 01684 290256
19 Jan Sat	League 4	Painswick	SO870117 GL6 6TW	Alan Richards 01249 713542
2 Feb Sat	Informal	Crickley Hill	SO935163 GL4 8JY	Simon Denman 01452 863833
16 Feb Sat	WNL	Sallowvallets	SO612146 GL17 9LR	Dave Hartley 01452 863805
23 Feb Sat	League 5	Mallards Pike North	SO649126 GL14 3EZ	The Tauntons 01594 529455
17 Mar Sun	Galoppen	Symonds Yat	SO571128 GL16 7DU	Pat MacLeod 01594 528128
23 Mar Sat	League 6	Mallards Pike South	SO651086 GL15 4SL	The Stotts 01291 689471
29 Mar	JK Weekend			
6 Apr Sat	Informal	Flaxley	SO675159 GL17 0EA	The Starlings 01793 320054

Enquiries to Organiser or Fixtures Secretary – John Coleman 01594 582151

For latest details check the NGOC website at www.ngoc.org.uk

NGOC Registration and start times

Informal Events: Start times 1230-1400.
Yellow / light green / blue courses

League Events: Registration 1130-1230 Starts from 1200-1300
Yellow / orange / green / blue courses

Night Events Registration from 1800 – or when it's dark!
See www.westernnightleague.org.uk

Brashings

Situation Vacant

John Bennison (WRE) is controlling the CompassSport Cup/Trophy final at Moseley Green & Danby Lodge on 20 October and is looking for an assistant to help check control sites at the planning stage and immediately before the event. This may suit a current controller who wants to upgrade or an experienced planner who wishes to become a qualified controller, but not someone needed to score points for NGOC in the final - positive thinking here! If you are interested, please contact John by email controller@bennison.org.uk

The Pied Piper Appeal

In early November Bob Teed and I were guests of the Pied Piper Appeal at a tour around the Children's Centre at Gloucester Royal Hospital. In the summer NGOC had organised an event at Crickley Hill Country Park on behalf of the Appeal, which raises funds to support the Centre, the only specialist children's unit in the county.

The small Pied Piper team, together with a number of generous and supportive businesses in Gloucestershire, as well as some incredibly dedicated and selfless volunteers, have transformed a somewhat harsh and business-like hospital environment into a cheerful and colourful place full of toys, games and books, as well as contributing to essential equipment that the NHS Trust is unable or unwilling to provide.

It was wonderful to see how our very modest contribution to their work was put to such rewarding effect, and I would like to think that we can find ways to do more to support a cause which is both local and focused on the next generations of orienteers.

Pat MacLeod

Forest Challenge!

Over 320 now sold, including two dozen to Australia.

Watch this space!

A new orienteering board games package is under development; this will include urban-O, photo-O, maze-O and, for the very young (and very old?), string-O.

Have your say!

Are there any matters that you would like the Committee to consider? Contact the Club Secretary, Caroline Craig, or any member of the Committee. The next Committee meeting is on Monday 18 February at 1930.

Articles for Legend

We are always looking for articles on anything to do with orienteering; digital photos are especially welcome. Send your article/pictures to legend@ngoc.org.uk or Alan and Ann Brown, 10 Brizen Lane, Cheltenham, GL53 0NG. Thanks to everyone who contributed to this edition of Legend.



*“When I sent Carol my expenses claim for CONDES she thought I was buying the course planning software!”
(Paul Taunton)*